

Lewis and Clark College
CPSY 572
Fall 2011

Introduction to Eating Disorders

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CPSY 572

Introduction to Eating Disorders

Instructor: Jacqueline Abbott, DrPH, RD, LD, CEDS

Course Description

This course will introduce you to the history, etiology, prevalence, early recognition, treatment and prevention of anorexia nervosa, bulimia nervosa, binge eating disorder, and disordered eating behaviors. The theories and biases regarding obesity in our culture will be discussed. Information will be presented from a multidimensional approach wherein we will examine biological, medical, nutritional, psychosocial, and cultural factors. You will participate in experimental strategies and review of case studies that will provide you with skills and strategies to use in your own practice.

Learning objectives

At the end of the course, you will be able to:

1. Describe 3 criteria for each eating disorder as described in the DSMIV-TR.
2. List 4 of each: predisposing, precipitating and participating factors.
3. List 4 physical signs and symptoms for each eating disorder.
4. Describe 4 ways that the media may contribute to body image.
5. Describe the "Spectrum of Disordered Eating".
6. Describe and administer 3 assessment and evaluation instruments.
7. Practice 3 CBT skills helpful in individual group therapy.
8. Present a case study.
9. List 3 treatment resources for the insured and uninsured client.

CPSY Departmental Attendance Policy

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness may be seen as an absence that requires make-up work.

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Requirements for Credit

Assignments and Projects

The assignments have been chosen to help to provide you with an opportunity to create materials that will be useful in your own practice. Please choose projects that will be most useful to you .

1. Literature or Book Review "Book Club"

Complete one literature review from a professional journal or popular book on a topic related to course material. You will share your review (5 minutes) in class on October 16. Please write and 2-3 page synopsis and turn it on Oct.16.

2. Review of feast-ed.org. Explore this invaluable resource. Write a list of the positive aspects of this website. We will discuss it in class on Oct.16.

3. Group Project and Presentation to Class.

Each group will have 4-5 members. Your group may choose to design an informational brochure or website that will be used in your practice based on any topic presented in this course. Projects will be presented on October 16. Each group will have 15 minutes to share in class. Please provide a copy of the project for each class member. You will have some time in class to meet with your group.

4. Open Book Exam

An open book exam will be done in class as a group on October 16.

Grading

Website review	20%
Literature Review	20%
Open Book Exam	20%
Case Study Discussion	10%
Group Project	30%

- A 90-100
- B 80-89
- C 70-79

Course Outline

Saturday, September 10

Overview of Eating Disorders
Lunch
Socio-cultural Determinants
Guest: Charles Majuri, PhD.
Author and Clinician
Project Time

Sunday, September 11

Medical and Nutritional Aspects of Eating Disorders
Assessment and Evaluation
Lunch/ Potluck
Cognitive Behavioral Therapy
Family Based Therapy
Guest: Robert Kruger, PsyD
Clinical Psychologist
Clinical Mentoring Project
Guest: Katherine Fraser, Graduate Candidate

Saturday, October 15

Health at Any Size Workshop
Hilary Kinavey, MS,LPC
Dana Sturtevant, MS, RD
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Sunday, October 16

Open Book Exam
Case Studies
Literature Review/Book Club

Potluck
Literature Review
Group Projects
Community Resources
Wrap-up